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NUTRITION BIBLIOGRAPHY

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1921



NUTRITION BIBLIOGRAPHY

*Prepared by the
Bibliography Committee
of the
NEW YORK NUTRITION COUNCIL*

JUNE, 1921

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NEW YORK NUTRITION COUNCIL, JUNE, 1921.

Since its organization in October, 1920, the New York Nutrition Council has received many inquiries about sources of detailed information concerning various phases of nutrition work. A Bibliography Committee was appointed in February, 1921, with the following membership: Chairman, Miss Clyde B. Schuman of the Atlantic Division of the American Red Cross, Mr. John C. Gebhart of the New York Association for Improving the Condition of the Poor, Miss Jean Lee Hunt of the Bureau of Educational Experiments, Miss Matilda J. McKeown of the New York City Public Schools, Miss Marie L. Rose of the Child Health Organization of America, and Miss Emma A. Winslow of the Charity Organization Society, Secretary of the New York Nutrition Council.

The following bibliography is the result of much effort by the Committee in the critical selection of material and its presentation in form which it is hoped will prove serviceable to the physician, the organizer and supervisor of nutrition work, the field worker, the nurse, the teacher, and the nutrition student.

The various suggested references are presented under five headings. The first division presents technical material dealing with standards of nutrition, growth and development. The second division provides sources of information with reference to methods of determining malnutrition and various studies showing its extent, causes and effects. In the third section will be found reference to various reports of nutrition work organized under different auspices in different communities. The fourth section provides information about reliable reference material on health essentials, especially in relation to methods and points to be emphasized in effective educational work. The last section lists stories, charts and other popular teaching material for use with children.

Suggestions for further study along various lines will be found in bibliographies included in many of the references and in a special bibliography list.

The Bibliography Committee wishes to thank the many people who have assisted in the preparation of this material, especially Dr. Mary S. Rose of Teachers College, Chairman of the Council, and Miss Lucy H. Gillett of the New York Association for Improving the Condition of the Poor. It also wishes to express its appreciation of the co-operation of the Health Service, New York County Chapter, American Red Cross, in making this bibliography available for general distribution. Special mention should also be given Mr. George R. Bedinger, Director of the Red Cross Health Service, for his assistance in arranging for its publication, and to Miss Flora Tong of the same Department for her valued help in the final preparation of the pamphlet.

I. Nutrition, Growth and Standards of Development*

Author and Title	Distributed or Published by	Special Value in Nutrition Work.
Affleck, George B. A minimum set of tentative physical standards for children of school age.	Pedagogical Seminary Dec. 1920. pp. 324-353.	An excellent summary of present knowledge as to physical standards. Valuable bibliography.
Arnold, Felix. Weights and school progress.	Psychological Clinic April 15, 1916. pp. 33-39.	Presents study showing correlation of weights and school standing in three New York schools. Shows tables of similar extensive study in Australia.
Baldwin, Bird T. Physical growth and school progress.	U. S. Bureau of Education Bulletin No. 10. 1914. 212 pp.	Shows that rapid health growth and good mental development are correlated. Gives historical summary of all important studies previously made and an exhaustive bibliography carefully annotated. The best introduction to subsequent studies.
Physical growth of children from birth to maturity.	Report of the Iowa Child Welfare Research station Ready about June 15th. Circ. 550.	Incorporates an extensive study made for the National Child Health Council, many charts and tables and extensive annotated bibliography.
Physical growth of school children.	University of Iowa, Extension Bulletin No. 59, 1919. 12 pp.	A pamphlet for popular distribution discussing standards of growth and value of frequent measurements during school age.
Benedict, Francis G. Energy requirements of children from birth to puberty.	Boston Medical and Surgical Journal July 31, 1919. pp. 107-139.	Report based on data from the nutrition laboratory of the Carnegie Institution.
Benedict, Francis G., and Talbot, Fritz B. Metabolism and growth from birth to puberty.	Carnegie Institution. Publication No. 302 1921. 213 pp. 55 figures.	Study of between two and three hundred normal children of both sexes. Special stress on basal metabolism as affected by growth, age and sex. Presents conclusion that every effort may legitimately be made to secure maximum skeletal growth and the development of children above so-called average weight.
Blunt, Katherine, and Wang, Chi Che. The present status of vitamins.	Journal of Home Economics, Jan. 1920. pp. 1-14. March, 1921. pp. 97-104.	Excellent summary of the more important points in the recent literature on vitamins. Good bibliography.
Boas, Franz. Growth of children.	Monroe's Cyclopedia of Education — Macmillan, 1912, 3 pp.	Excellent summary to 1912.
Brown, Lloyd T. Bodily mechanics, its relation to nutritional disorders.	The Commonwealth, Massachusetts Department of Public Health. July-August, 1920, pp. 234-239.	Posture discussed as a contributing factor to malnutrition. (See also Talbot, Fritz B. and Brown, Lloyd T.—Bodily Mechanics.)

*Studies of growth made prior to 1914 are summarized in the references from Baldwin, Boas, Burk and Hall, and a few offering special suggestions to the nutrition worker are cited. The remaining references deal with more recent investigations.

Author and Title	Distributed or Published by	Special Value in Nutrition Work.
Burk, Frederick Growth of Children. in weight and height.	American Journal of Psychology. April, 1898. pp. 253-326.	The best general contribution to the subject of physical growth up to 1898. Presents the series of "Burk-Boas Norms" derived from comparative study of the work of Boas and others.
Burnham, William H. Metabolism in childhood.	Pedagogical Seminary, Dec. 1920. pp. 303-323.	Valuable and suggestive discussion. Excellent bibliography.
Cannon, Walter B. Bodily changes in pain, hunger, fear and rage.	Appleton, revised edition, 1920. 311 pp.	Describes laboratory experiments demonstrating the effects of emotional states.
Carter, Herbert S., Howe, Paul E., and Mason, Howard H. Nutritional and clinical diabetics.	Lea & Febiger, 2nd revised edition, 1921. 703 pp.	In Part I and II is detailed, tech- nical information concerning foods and their function in nor- mal nutrition.
Crampton, C. Ward. Physiological age.	American Physical Education Review. March, 1908. 51 pp.; see also Pedagog- ical Seminary, June 1908. pp. 230-237; and Psychological Clinic, 1908. pp. 115-120.	Best study on age of puberty in boys.
Dublin, Louis I. Height and weight stand- ards in nutrition work among children of foreign parentage.	Hospital Social Serv- ice. June, 1921. pp. 419-422. Paper presented before the New York Nu- trition Council, 1921.	A study of racial variations in height and weight.
Dunham, Francis L. Somatic development — a criterion on mental meas- urement.	Pedagogical Seminary Sept. 1915. pp. 305- 325.	Valuable resumé of knowledge as to periods and stages of physical development.
Frankel, Lee K., and Dublin, Louis I. Heights and weights of New York City children.	Metropolitan Life Insurance Company 1916. 53 pp.	A study of measurements of boys and girls 14 to 16 years of age granted employment certificates.
Gillett, Lucy H. Food allowances for healthy children.	New York Associa- tion for Improving the Condition of the Poor, 1917. 24 pp.	Compilation of studies on food re- quirements of children prior to 1917.
Goddard, Henry H. The height and weight of feeble-minded children in American institutions.	Journal of Nervous and Mental Dis- ease. April, 1912. pp. 217-235.	Shows height and weight of feeble- minded to be inferior to normal children.
Godin, Paul. Growth during school age.	French, 1913. Badger & Company—Eng- lish translation. — 1920. 228 pp.	Shows periods of growth to be rhythmic and alternating. Em- phasizes importance of propor- tional growth. Presentation technical.
Grady, William E. Age and progress in New York City.	Psychological Clinic, Jan. 15, 1913. pp. 209-221.	Study in physiological age.

Author and Title	Distributed or Published by	Special Value in Nutrition Work.
Greenwood, Arthur. Health and physique of school children.	Ratan Tata Foundation, London, 1913. 96 pp.	Study of height, weight and physical defects of 800,000 English children. Summarizes previous studies by McKenzie.
Hall, G. Stanley. Adolescence.	Appleton, 1904. Vol. I. pp. 1-50.	The best general discussion without statistical data. Cites important material presented by Burk.
Holt, L. Emmett. Standards for growth and nutrition.	American Journal of Diseases of Children. Dec. 1918. pp. 359-375.	Gives statistical study of boys in Browning School, New York City.
Standards of nutrition and growth.	Child Health Organization of America. 10 pp.	Digest of "Standards for growth and nutrition."
Holt, L. Emmett and Fales, Cortney. Total caloric requirements for children.	American Journal of Diseases of Children. Series beginning January, 1921.	Discusses energy requirements in light of some recent dietary studies.
King, Irving. Physical age and school standing.	Psychological Clinic Jan. 15, 1914. pp. 222-229.	A scale for marking nutrition.
Lusk, Graham. The science of nutrition.	Saunders Revised Edition, 1920.	The standard compendium on the subject; presentation technical.
The nutritional standards of adolescence.	In "Standards of Child Welfare", U. S. Children's Bureau, Pub. No. 60, 1919, pp. 256-261; also Journal of Home Economics, July, 1919, pp. 281-287.	Discusses probable need of greatly increased food intake at adolescence.
Fundamental requirements of energy for proper nutrition.	Journal of American Medical Association. March 23, 1918. pp. 821-824.	A discussion of varying needs according to age, sex and occupation.
McCollum, Edward V. Vitamines.	The Womans Press. Proceedings of the International Conference of Women Physicians. Vol. I. pp. 108-121.	Excellent presentation of the relation of vitamines to growth.
The newer knowledge of nutrition.	Macmillan, 1918, 199 pp.	Detailed report of author's investigations. Now being revised in accordance with later investigations. New edition will contain extensive annotated bibliography.
Porter, William T. The seasonal variation in growth of Boston school children.	American Journal of Physiology. May 1, 1920. pp. 121-131.	The first study to show how large a proportion of the yearly weight increment is involved in seasonal variation.
Robertson, T. Brailsford. Variability of weight and stature of school children and its relation to their physical welfare.	American Journal of Physiology. Nov., 1916. pp. 547-554.	Shows stature more reliable than weight as an index of abnormality.

Author and Title	Distributed or Published by	Special Value in Nutrition Work.
Schiotz, Carl. Development of children between the ages of two and six years.	Pedagogical Seminary Dec. 1920. pp. 371-397.	Shows early differences in growth of boys and girls and emphasizes height in early years as an index of nutritional status and total development.
Sherman, Henry C. Chemistry of food and nutrition.	Macmillan, revised edition, 1918, 454 pp.	Standard textbook on food values in relation to body needs.
Talbot, Fritz B. The caloric requirements of normal infants and children from birth to puberty.	American Journal of Diseases of Children. Oct. 1919. pp. 229-237.	Study based on data from the nutrition laboratory of the Carnegie Institution.
Talbot, Fritz B., and Brown, Lloyd T. Bodily mechanics.	American Journal of Diseases of Children. Sept. 1920. pp. 168-187.	Discussion of posture as a contributing factor to poor physical condition. (See also Brown, Lloyd T.)
Terman, Lewis, and Hocking, Adeline. The sleep of school children.	Journal of Educational Psychology. Feb. 1913. pp. 138-147. April, 1913. pp. 199-208. May 1913. pp. 249-282.	Reports extensive investigation of sleep habits in American school children and summarizes foreign studies.
Woodbury, Robert M. Stature and weight of children under six years of age.	U. S. Children's Bureau, Bulletin, 1921. (Ready about July 1st).	

II. MALNUTRITION

Extent, Causes and Effects

Author and Title	Distributed or Published by	Special Value in Nutrition Work.
Blanton, Smiley. Mental and nervous changes in the children of the Volksschulen of Trier, Germany, caused by malnutrition.	Mental Hygiene. July 1919. pp. 343-386.	Reassuring as to effects of severe malnutrition in causing mental defects. Shows 7% increase of retardation in a school population of 40% malnourished with but 1% increase in mental defectives. Concludes that good nervous organization can resist severe and long-continued malnutrition.
Bulkley, M. E. The feeding of school children.	Ratan Tata Foundation. Macmillan, 1914. 278 pp.	Discusses economic factors in defective nutrition.
Chapin, Robert C. Standards of living among workingmen's families in New York City.	New York Charities Publishing Committee, 1909. 372 pp.	Conclusions still applicable despite increase of price levels.
Dowd, H. Lawrence. Diagnosis of malnutrition.	Hospital Social Service. May, 1921. pp. 366-376. Paper presented before New York Nutrition Council, Jan. 1921.	A good statement of the factors involved in the diagnosis of malnutrition.
Gebhart, John C. Poverty and malnutrition.	Proceedings National Conference of Social Work, 1919. pp. 221-231. Reprint available, New York Association for Improving the Condition of the Poor.	Excellent summary of various studies of economic factors in relation to malnutrition.
Physical defects in children of pre-school age.	Mother and Child. June, 1921. pp. 248-255. Presented at New York Nutrition Council, Jan. 1921.	Describes in detail the results of thorough physical examinations of children by the A. I. C. P. at the Mulberry Community House in New York.
Hess, Alfred C. Scurvy, past and present.	Lippincott, 1920. 275 pp.	Dietary deficiencies in relation to scurvy.
Kuhnert, Julius. Health examination of school children, Ithaca, New York.	American Physical Education Review. April, 1921. pp. 180-187.	Detailed report covering school retardation, weight variations, differences in lung capacity, chest expansion, postural defects, and home habits.
Lewinski-Corwin, E. H. Malnutrition among school children.	Medical Record. Feb. 23, 1918. pp. 311-318.	Report from the Public Health Committee, New York Academy of Medicine.
Manny, F. A. Comparison of three methods of determining defective nutrition.	Archives of Pediatrics, Feb. 1918. pp. 88-94.	Presents detailed figures on differences of classification of a group of school children, according to Dunfermline scale and various standards of normal weight.
A scale for grading nutrition.	School and Society. Jan. 22, 1916. pp. 123-124.	Description of recommended scale for use in determining nutrition.

Author and Title	Distributed or Published by	Special Value in Nutrition Work
Manny, F. A., cont'd. Indexes of nutrition and growth.	Modern Hospital. Nov. 1916. pp. 425-426.	Brief discussion of standard. Bibliography.
Defective nutrition and the standard of living.	The Survey. March 30, 1918. pp. 698-701.	Report of health and nutrition conditions of children in two schools in the Gramercy District, New York.
Roberts, Lydia. What is malnutrition?	U. S. Children's Bureau Bulletin No. 39. 20 pp.	Interesting summary of present knowledge of extent and causes of malnutrition. Good bibliography.
Review of some recent literature on malnutrition in children.	Journal of Home Economics. Jan. 1919. pp. 5-12.	Summarizes results of certain studies of malnutrition.
Sill, E. Mather. A study of malnutrition in the school child.	Journal American Medical Association. June 19, 1909. pp. 1981 - 1985; Aug. 28, 1909. pp. 712-714.	Summary of a study of 210 malnutrition cases on the lower East Side of New York.
Silvester, Austin R. Malnutrition among school children.	American Physical Education Review. April, 1920. pp. 157-161.	Detailed report of examinations of school children in Montclair, N. J.
Streightoff, F. H. The standard of living among industrial people of America.	Houghton, Mifflin. 1911. 196 pp.	Excellent summary of information secured in various studies of living standards.
Wile, Ira S. What do we mean by nutrition?	Hospital Social Service, Sept. 1921. Paper presented before the New York Nutrition Council, April, 1921.	Helpful discussion of values and limitations of various methods of determining malnutrition.
Winder, Phyllis D. Public feeding of elementary school children, London and New York.	Longmans, Green, 1913. 84 pp.	A careful study of low wages and unemployment as a cause for defective nutrition.

III. Methods of Organizing Nutrition Work

Author and Title	Distributed or Published by	Special Value in Nutrition Work
American Red Cross. Watch New York's children grow.	Health Service, New York County Chapter in co-operation with the Child Health Organization of America. 1920. 33 pp. (Edition exhausted).	Interesting report of survey of nutrition activities in New York County, spring 1920.
Baker, S. Josephine. School medical inspection in New York City.	Monthly Bulletin, Dept. of Health of the City of New York, May, 1921, pp. 97-111.	
Beard, Jessie L. A nutrition clinic developed by a hospital social service department.	Hospital Social Service. May, 1920. pp. 211-217.	Description of work organized at the New York Post Graduate Hospital.
Bliss, D. C. Malnutrition, a school program.	The Elementary School Journal. March, 1921. pp. 515-521.	Describes methods used in Montclair, N. J.
Brown, Maud A. A study of malnutrition of school children.	Journal of American Medical Association. July 3, 1920. pp. 27-30. Also quoted in School Life, U. S. Bureau of Education. June 1, 1920.	Describes procedure in Kansas City schools.
Bryant, Louise S. School Feeding.	Lippincott, 1913. 325 pp.	Summary of experiments in school feeding in Europe and the United States to date of publication. Very complete, annotated bibliography.
Burritt, Bailey B. Attacking defective nutrition.	The Survey. June 19, 1920. pp. 405-407.	Excellent discussion of methods being used by the New York Association for Improving the Condition of the Poor in the development of its health program in an Italian district in New York.
Curtis, Robert. Standards and methods for health work among children of pre-school age.	Modern Medicine. April, 1921. pp. 244-247. Paper presented before New York Nutrition Council, 1921.	Valuable recommendations based on experience of Boston Baby Hygiene Association.
Donnelly, William H. The class method in treating malnutrition in children.	New York Medical Journal. Dec. 18, 1920. pp. 973-975.	Describes methods used in nutrition class at Brooklyn Hospital.
Emerson, William R. Malnutrition in children—a class clinic. Nutrition clinics.	Nutrition Clinics for Delicate Children, Pamphlet No. 17. U. S. Children's Bureau, Standards of Child Welfare, Pub. No. 60, 1919. pp. 238-244.	Description of methods used with a class at the Berkeley Infirmary, Boston.
		Excellent discussion of methods of procedure as developed by author.

Author and Title	Distributed or Published by	Special Value in Nutrition Work
Gebhart, John C. Relation of school and special feeding to defective nutrition.	American Journal of Public Health. Aug. 1920. pp. 669-672.	Discusses importance of making school feeding only a part of a broader program to lessen malnutrition.
Greig, Mary. The essentials of dietary hygiene as taught by museum methods.	Modern Medicine. Feb. 1921. pp. 111-115. March, 1921. pp. 180-183.	Discusses exhibit methods and describes the dietary exhibits at the American Museum of Natural History.
Gruenberg, B. C. The summer play school.	Federation for Child Study. New York City, 1919. 52 pp.	
Harper, Mary A. Nutrition classes for children.	Journal of Home Economics. Nov. 1919. pp. 471-480.	Interesting report of organization of first nutrition classes of the New York Association for Improving the Condition of the Poor.
Hill, Miner C. Report of six months' experimental restaurant for undernourished children.	Bowling Green Neighborhood Association. New York City, 1920. 16 pp.	
Hubbard, Gwendolyn S. A hospital health clinic.	Journal of Home Economics. July, 1920. pp. 312-316.	Description of work at the Children's Hospital, Philadelphia.
Hunt, Jean Lee. Johnson, Buford, and Lincoln, Edith. Health education and the nutrition class.	Dutton, Circ. 150 pp. (Ready July, 1921)	Report of the Bureau of Educational Experiments giving detailed description of the series of nutrition classes conducted at Public School No. 64, New York City, with statistical data, studies in growth and mental ability, and an analysis of educational procedure.
Joseph, Blanche M. Nutritional clinics in connection with out-patient department of hospital.	Hospital Social Service, March, 1921. pp. 238-244.	Detailed report of methods used by the nutrition workers in the nutrition clinics at Michael Reese Dispensary, Chicago.
McCormick, Mary G. The rural hot lunch and the nutrition of the rural child. The school child and malnutrition.	University of the State of New York, Bulletin, No. 696. Oct. 1919. 18 pp.	Practical suggestions for the establishment and conduct of the school lunch as part of a nutrition program.
	The Public Health Nurses' Bulletin, New York State Department of Health. April, 1920. pp. 25-27.	Brief discussion of the nutrition program in schools in relation to the work of the school nurse.
Mitchell, David. Malnutrition and health education.	Pedagogical Seminary March, 1919. pp. 1-26.	Detailed reports of certain work organized by the Bureau of Educational Experiments at Public School No. 64, New York City.
Mitchell, David, and Forbes, Harriet. Malnutrition and health education.	Pedagogical Seminary March, 1920. pp. 36-66.	
Pelton, Garnet Isabel. Under-par school children.	The Survey. Jan., 15, 1921. pp. 573-574.	Describes methods used in nutrition work by the Tuberculosis Society in Denver.

Author and Title	Distributed or Published by	Special Value in Nutrition Work.
Pritchett, K. A. Giving the child a chance.	Federation for Child Study, New York City. 16 pp.	Report of the summer play school nutrition program for 1919.
Raymond, Anne. How to make health teaching attractive to the school child.	The Public Health Nurse. Aug., 1920. pp. 655-660. Also Bulletin from National Organization for Public Health Nursing.	Interesting description of methods used by a school nurse in a county in West Virginia.
Rich, Katherine B. Study of nutrition and mental development in childhood.	Journal of the American Medical Association. July 24, 1920. pp. 226-228.	Description of methods used in Chicago public schools with detailed statistics on results secured.
Nutritional work in public schools.	Journal of the American Medical Association. Nov. 27, 1920. pp. 492-494. April 9, 1920. pp. 998-999.	
Richardson, Frank Howard. The nutrition class idea. A retrospect and a prospect.	Archives of Pediatrics. April, 1921. pp. 237-245.	Essentials in the organization of a hospital nutrition class as indicated by the work at the Brooklyn Hospital.
Rimer, E. S. Organization of nutrition classes.	Hospital Social Service. June, 1921. pp. 460-465. Paper presented before New York Nutrition Council, Jan. 1921.	Excellent suggestions based on work at New York Nursery and Child's Hospital.
Roberts, Lydia. A malnutrition clinic as a university problem in applied dietaries.	Journal of Home Economics. March, 1919. pp. 99-101.	Description of methods used in training advanced students in dietetics through special work with undernourished children in a class at the Central Free Dispensary of Rush Medical College in Chicago.
Roberts, M. J., and Boller, Anne. A nutrition class for working children in Chicago.	Modern Medicine. Oct. 1920. pp. 664-667.	Description of work being developed in Chicago by the Industrial Clinic at Rush Medical School and the Vocational Guidance Bureau of the Board of Education.
Rose, Mary S. and Mudge, Gertrude Gates. A nutrition class in co-operation with a summer play school.	Journal of Home Economics. Feb. 1920. pp. 49-58. (Also in reprint).	Describes methods used in special nutrition work conducted by a group of Teachers College students.
Ruderman, Louis M. Six months' experience with a nutrition class.	New York Medical Journal. Dec. 18, 1920. pp. 976-977.	Report of organization of nutrition class at the Brooklyn Hospital.
Smith, Charles Hendee. Methods used in a class for undernourished children.	American Journal of Diseases of Children. June, 1918. pp. 373-396.	Detailed discussion of methods used at Bellevue Hospital.
How to conduct a nutrition class.	Child Health Organization of America. 1921.	Excellent discussion of methods.

Author and Title	Distributed or Published by	Special Value in Nutrition Work.
Smith, Margery M. Solving food problems.	Mother and Child, July, 1921. pp. 291-297.	Interesting description of nutrition work of Boston Dietetic Bureau.
U. S. Bureau of Education. Open air schools. Fletcher B. Dressler and Sherman Kingsley.	Bulletin 23. 1916. 283 pp.	
Summer health and play schools.	Health Education Series. No. 3. 1919. 12 pp.	
The lunch hour at school Katherine Fisher.	Health Education Series No. 7. 1920. 62 pp.	
U.S. Department of Agriculture. School lunches, Carolyn Hunt.	Farmer's Bulletin No. 712. March 17, 1916. 27 pp.	
Wile, Ira S. Health classes for children. The health class idea.	Archives of Pediatrics. Jan. 1919. pp. 37-44. Modern Medicine. Nov. 1920. pp. 746-749.	Methods and ideals being developed in the health class at Mount Sinai Hospital.
Wilson, May G. Report of the Cornell nutrition class.	Archives of Pediatrics. Jan. 1919. pp. 37-44.	Report of special work carried on jointly with the New York Association for Improving the Condition of the Poor from May to October, 1917.
Wood, Bertha. Food clinic of Boston dispensary meets everyday need.	Modern Hospital. Jan. 1920. pp. 57-58.	Description of methods used and results secured.
Wood, Mrs. Ira Couch. Nutrition classes in the Chicago schools. Nutrition classes in Chicago high schools.	Modern Medicine. May, 1920. pp. 388-392. Mother and Child. Oct. 1920. pp. 127-136.	Detailed report of work being done in the Chicago public schools by the Elizabeth McCormick Memorial Fund along lines advocated by Dr. William R. P. Emerson.

IV. Health Essentials and Teaching Methods

Author and Title	Distributed or Published by	Special Value in Nutrition Work.
Andress, J. Mace Teaching hygiene in the grades.	Houghton, Mifflin, 1916. 176 pp.	Good subject matter on health essentials with special bibliographies. Excellent suggestions with reference to teaching methods.
Health education in rural schools.	Houghton, Mifflin, 1919. 321 pp.	
Bobbitt, John Franklin. The curriculum.	Houghton, Mifflin, 1918. 295 pp.	Part I. Ends and processes pp. 3-41 Part IV Education for physical efficiency pp. 171-189.
Bonser, Frederick G. The elementary school curriculum.	Macmillan, 1920. 466 pp.	See especially Chapter XVI Physical education and hygiene. Also chapters II, III and VI for general discussion of newer teaching methods.
Broadhurst, Jean. Home and community hygiene. A text-book of personal and public health.	Lippincott, 1919. 404 pp.	A reliable source of information on health essentials from the standpoint of preventive work through better personal and community hygiene. Valuable bibliography.
Burnham, William H. Mental health for normal children.	Bulletin, Mass. Committee on Mental Hygiene. Massachusetts Dept. of Public Health. 1919 8 pp.	Valuable summary of the essentials in mental hygiene from standpoint of child health.
The optimum humidity for mental work.	Pedagogical Seminary, Dec., 1919. pp. 311-329.	Present an excellent resume of recent findings in regard to ventilation.
The optimum temperature for mental work.	Pedagogical Seminary, March, 1917. pp. 53-71.	
Cooley, Anna M., Winchell, Cora M. Spohr, Wilhelmina H., and Marshall, Josephine A. Teaching home economics.	Macmillan Co. 1919. 555 pp.	Detailed discussion of methods of teaching home economics and its place as an organized study in the school program. Good bibliography.
Davis, Michael N. Jr., and Wood, Bertha M. The food of the immigrant	Journal of Home Economics. Dec. 1920. pp. 517-523. Jan. 1921. pp. 19-25. Feb. 1921. pp. 66-74. (Also in Immigrant health and community. Americanization studies of the Carnegie Corporation of N. Y. Harper Bros. Ready June, 1921.)	Dietary studies of the immigrant with practical suggestions for substitution of American foods.
Fisk, Eugene, and Fisher, Irving. How to live.	Funk & Wagnalls. Revised edition. 1919. 461 pp.	Popular presentation of food facts, exercise and general hygiene applied to daily living.
Fones, Alfred C. Ed. Mouth hygiene: a text-book for dental hygienists.	Lea & Febiger, 2nd revised edition, 1921. 334 pp.	In Chapter XI, Dental Prophylaxis, is reliable material on the home care of the mouth as taught by the dental hygienist.

Author and Title	Distributed or Published by	Special Value in Nutrition Work
Gillett, Lucy H. How can our work in foods be made vital to the health of the child?	Journal of Home Economics. Sept. 1920. pp. 385-395.	Many practical suggestions concerning methods by which food instruction can be strengthened in its health aspects.
Goodlander, Mabel R. Education through experience.	Bureau of Educational Experiments. Bulletin 10. 1921.	Good illustration of fourth grade projects in food study.
Head, Joseph. Everyday mouth hygiene.	Saunders. 1920. 67 pp.	Good directions simply stated on the everyday care of the mouth. Excellent illustrations.
Holt, L. Emmett. The care and feeding of children.	Appleton. Revised edition. 1920. 215 pp.	Standard handbook on the care and feeding of infants and older children in health. Gives height and weight tables for pre-school child.
Howell, Laura, and Phillips, Velma. Racial and other differences in dietary customs.	Journal of Home Economics. March, 1920. pp. 396-411. (Also in reprint.)	Excellent presentation of a detailed dietary study in a group of families of different nationalities living in New York.
Kellogg, Vernon, and Taylor, Alonzo E. The food problem.	Macmillan. 1917. 212 pp.	Part II considers the technology of food use and contains valuable material on physiology of nutrition in relation to the psychology of the diet.
McCollum, E. V. Nutrition work among children.	The Public Health Nurse, July, 1920. pp. 568-578. Also available in pamphlet from National Organization for Public Health Nursing.	Discusses dietary essentials for growth and methods of work with children.
McCollum, E. V., and Simmonds, M. The American home diet.	F. C. Matthews, 1920. 237 pp.	Presents popular summary of author's theories in regard to protective feeding. Illustrated by a large number of recommended menus.
McCormick, Mary G. Nutrition notes for school nurses.	University of the State of New York Bulletin. Feb. 15 1919. 8 pp.	Excellent summary of the essentials to be emphasized in food instruction for children.
Mendel, Lafayette B. Changes in the food supply and their relation to nutrition.	Yale University Press. 1916. 61 pp.	Interesting discussions of effect on dietary customs of improvements in food production, storage and transportation.
Nesbitt, Florence H. Household management.	Russell Sage Foundation. 1918. 164 pp.	Helpful to the nutrition worker in securing family adjustments.
Rose, Flora. What to spend for food.	New York State College of Agriculture. Cornell reading course for the home, lesson 127.	Popular presentation of essentials in food selections.
Points in selecting the daily food.	New York State College of Agriculture, Cornell reading course for the home, lesson 128.	

Author and Title	Distributed or Published by	Special Value in Nutrition Work.
Rose, Mary S. Feeding the family.	Macmillan. 1920. 449 pp.	Excellent source of reliable information concerning the food needs of adults and children during different age periods, and methods of planning suitable dietaries.
Laboratory hand-book for dietetics.	Macmillan. Revised edition. 1921.	Provides in easy reference form the data necessary for use in calculating food values and food requirements.
Recent developments in child feeding.	Teachers College Record. Nov. 1920. pp. 470-484. Also available in Teachers College Bulletin.	Summary of present knowledge of essentials in child feeding.
Schapiro, Mary L. Jewish dietary problems.	Journal of Home Economics. Feb. 1919. pp. 47-59. Also in reprint.	Gives Jewish dietary laws, special defects of Jewish cookery, and suggests desirable menus as basis for educational work.
Social service dietetics in relation to Jewish problems.	Modern Hospital Feb. 1920. pp. 147-150.	Valuable recommendations based on a study of actual food consumption in a number of families.
Sherman, Henry C., and Gillett, Lucy H. The adequacy and economy of some city dietaries.	New York Association for Improving the Condition of the Poor. Bulletin 1917. 32 pp.	A readable presentation of basic principles for the scientific control of the feeding of nations.
Starling, Ernest H. The feeding of nations.	Longmans, Green. 1919. 146 pp.	Excellent discussion of health program in colleges.
Sundwall, John. The interrelationship between physical education and student health service.	American Physical Education Review. April, 1921. pp. 172-179.	
U. S. Bureau of Education. Educational hygiene.	Bulletin 48. 1921.	
Diet for the school child.	Health Education Series. No. 2. 1919. 14 pp.	
Teaching health.	Health Education Series No. 4. 1919. 16 pp.	
Child health program for parent-teacher associations and women's clubs.	Health Education Series No. 5. 1920. 15 pp.	
Further steps in teaching health.	Health Education Series. No. 6. 1920. 20 pp.	
Health training for teachers.	Health Education Series No. 8, 1920. 15 pp.	
Health teaching in the schools.	Health Education Series No. 9. 1921. 14 pp.	

Author and Title	Distributed or Published by	Special Value in Nutrition Work.
U. S. Children's Bureau. Standards of child welfare.	Report of the Children's Bureau Conference, May and June, 1919. Pub. No. 60. 1919. 444 pp.	
Milk, the indispensable food for children.	Pub. 35, 1918. 32 pp.	
The pre-school age.	Care of Children Series No. 3. 1918. 88 pp.	
U. S. Dept. of Agriculture. Food for young children.	Farmer's Bulletin No. 717. 1921. 26 pp. See also department's list of publications on food.	
Willard, Florence E., and Gillett, Lucy H. Dietetics for high schools.	Macmillan. 1920. 201 pp.	Excellent source of information concerning present knowledge of food essentials in nutrition. Valuable suggestions on teaching methods in high schools.
Williams, Jesse F. Healthful living.	Macmillan. 1919. 431 pp.	Reliable source of information on physiology in relation to health. Good material on the hygiene of exercise and the essentials in bodily care, in form for use with students in high school.
Woolman, Mary S. Clothing, choice, care, cost.	Lippincott. 1920. 289 pp.	In Chapter VII, excellent material on clothing and health. Also special discussion of clothing for children. pp. 157-161.
Wood, Thomas D. Health essentials for rural school children.	Joint Committee on Health Problems in Education of the National Council of the National Education Association and of the American Medical Association. Chicago, 1917. 23 pp.	

V. Health Material for Children's Use

HEALTH LITERATURE

Author and Title	Distributed or Published by	Special Value in Nutrition Work
Andress, J. Mace, and Andress, Annie T. <i>Rosy Cheeks and Strong Heart.</i>	Child Health Organization of America.	A health reader for the third grade.
Child Health Organization of America. <i>Milk—The Master Carpenter.</i>	Child Health Organization of America.	A message to boys and girls. Used as a basis for composition, drawing and dramatic work.
<i>My Health Book.</i>	Child Health Organization of America.	A small folder for young girls.
Ferguson, H. W. <i>Child's Book of the Teeth.</i>	World Book Company, in quantity. Child Health Organization of America, single copies.	Shows the relation between proper nutrition and formation of good teeth, gives interesting food facts but provides a motive for proper care as well. Humorous and telling illustrations by author.
Furbeck, Myra Louise. <i>The Boy and His Pets</i>	Iowa Tuberculosis Association. (Story Telling for Health)	A delightful little story introducing use of milk and oatmeal for breakfast in place of coffee.
Gillett, Lucy H. <i>Diet for the school child.</i>	Government Printing Office, Washington, D. C.	Designed primarily for the use of parents and teachers but through graphic illustrations and simplicity of treatment makes a strong appeal to children.
Food Primer for the Home.	New York Association for Improving the Condition of the Poor.	Designed primarily for the use of parents and teachers but through graphic illustrations and simplicity of treatment makes a strong appeal to children.
Griffith, Eleanor Glendower. <i>Cho-Cho and the Health Fairy.</i>	Child Health Organization of America.	A fairy tale frequently used as a supplementary reader in primary grades. Readily adaptable to dramatization for older as well as younger children.
Groom, William S. <i>Health First Reader.</i>	National Organization for Public Health Nursing.	Health rhymes, suitable for young children.
Haviland, Mary S. <i>The Most Wonderful House in the World.</i>	Lippincott.	A reader written in dialogue form, gives some information in simple terms.
Herben, Beatrice S. <i>Jack O'Health and Peg O'Joy.</i>	Scribner, 1921.	Attractively illustrated fairytale emphasizing important points in Hygiene Syllabus of the Department of Education of the City of New York.
Peterson, Mrs. Frederick. <i>Child Health Alphabet.</i>	Child Health Organization of America.	Especially suitable for kindergarten and first grade children. May be used as a basis for tableaux and games.
Rhymes of Cho-Cho's Grandma.	Child Health Organization of America.	Application of the "Rules of the Health Game" in the day of a child.

Author and Title	Distributed or Published by	Special Value in Nutrition Work.
Van Meter, Anna. First Reader, Nutrition Series No. 1.	Merrill—Palmer School.	Well planned for teaching reading and certain nutrition facts to first grade children.
Watson, Elizabeth G. Mother Goose.	Metropolitan Life Insurance Company.	A fascinating array of health rhymes with unusual and beautifully colored illustrations.
Wedgewood, Harriet L. The Jolly Sign Post.	Massachusetts Department of Public Health. Commonwealth. May-June. 1920.	Valuable although planned originally to increase food production during war time. Interesting and attractive presentation.
Winslow, C.—E. A. Healthy living. Book I. How children can grow strong for their country's service.	Merrill, 1920. 227 pp.	Story of the human body and how to keep it well. Excellent textbook.

PLAYS AND PAGEANTS

Author and Title	Distributed or Published by	Special Value in Nutrition Work.
Griffith, Eleanor Glendower. The House the Children Built. The Little Vegetable Men. The Magic Oat Field. The Wonderful Window.	Child Health Organization of America.	Four health playlets based on Cho-Cho and the Health Fairy offered as suggestions for original plays by children.
Health plays for school children.	Health Service, New York County Chapter, American Red Cross. For Child Health Organization of America.	A series of original health plays as developed by teachers and pupils in the public schools of Greater New York.
Jenkins, Hester Donaldson. In the Forest of Arden.	Brooklyn Bureau of Charities, Tuberculosis Committee.	A delightful arrangement of lines from various plays of Shakespeare emphasizing the benefice of fresh air, sunshine, and simple natural living.
McCandless, Marian. Mr. I. N. Different Is Doublecrossed.	National Tuberculosis Association.	Great possibilities but germs too much stressed and sentiment played up to in main character, a crippled malnourished boy.
McCrillis, Jennie Van Heyson. The Milk Fairies.	National Dairy Council.	A health play children love to give.
McKittrick, Mary. The Mountain Meadow.	Iowa Tuberculosis Association.	A charming setting. Only food habit stressed is that of drinking milk.
Murphy, Ethel A. The Victory of the Garden (a pageant).	U. S. Department of the Interior, Bureau of Education, School Garden Army, Washington, D. C.	Deals entirely with factors contributing to a beautiful and bounteous vegetable garden.
Rose, Mary, and Gorton, Geraldine. The Child's Day.	Teachers College Bulletin.	Entertainment providing opportunity for presentation of health rules by children from kindergarten through sixth grade.
Sackett, Clara E. The Shining Goddess (a pageant).	Woman's Press. Young Women's Christian Association. Royalty rights waived for school purposes.	A charming pageant which includes some reference to nutrition. Would appeal to adolescent or older group of girls.

SLIDES

Author and Title	Distributed or Published by	Special Value in Nutrition Work.
Ferguson, Harrison Wader. Child's Book of the Teeth.	Cochrane - Dewey Company. (Reproductions in color of illustrations in this book may be ordered from the above company. and	See annotation on book p. 18.
Food and Nutrition.	Massachusetts Dept. of Public Health, Division of Hygiene.)	Charts of the "Food Models and Charts" exhibit are reproduced. Many other slides on this subject of nutrition are available.
Foodway to Health, The.	American Museum of Natural History. (Free loan service to New York City public schools.)	Attractive slides with text. Descriptive booklet on request.
Griffith, Eleanor Glendower. Cho-Cho and the Health Fairy.	Massachusetts Dept. of Public Health, Division of Hygiene.)	A special arrangement of the Cho-Cho Fairy stories by Harriet Wedgewood accompanies this set.
Health Charts.	Child Health Organization of America. (Reproductions in color of illustrations in this booklet may be ordered through the above organization.)	Designed chiefly for adults but good teaching material for children of the upper grades.
Illustrating Nutritional Activities.	Joint Committee on Health Problems of National Council of Education.	Depicts actual scenes in a Red Cross Health Center.
Illustrating Nutritional Activities.	Atlantic Division American Red Cross.	Depicts actual scenes in a nutrition demonstration.
McCollum, E. V. Rat Pictures.	New York Association for Improving the Condition of the Poor.	See comments on Rat Posters. p. 22.
Oppen, Lucy. Further Steps in Teaching Health.	School of Hygiene and Public Health, Johns Hopkins University.	Designed primarily as a basis for talks to Parent-Teacher Associations, Teachers' Institutes, Granges, etc., but suitable for upper grade children in connection with civics or physiology. Substance for lectures accompanies slides.
Peterson, Mrs. Frederick. Child Health Alphabet. Rhymes of Cho-Cho's Grandma.	Child Health Organization of America.	
Posters.	Child Health Organization of America. National Child Welfare Association.	Reproductions of posters.

CHARTS AND POSTERS

Author and Title	Distributed or Published by	Special Value in Nutrition Work
Charts and Posters.	New York State Department of Education, Nutrition of School Children.	
Elfin Posters.	Child Health Organization of America.	Enlargement of elfin figures on cover of Child Health Alphabet. Offered as suggestions for original work by children.
Food Charts (5).	New York Association for Improving the Condition of the Poor.	Particularly effective in connection with food talks to groups of adults or children. Reproduced in miniature in "Food Primer for the Home."
Health Charts.	National Child Welfare Association.	Various charts of value in work with pre-school children, children of school age, and older boys and girls.
Health Charts (58). Descriptive book and folder available.	Joint Committee on Health Problems of National Council of Education.	Offers a bird's-eye view of the various fields of the school health problem.
Health Charts or Posters.	Chicago Tuberculosis Institute.	Popular presentation of certain essentials in physical care.
Health, Strength, Joy, Poster.	U. S. Department of the Interior, Bureau of Education.	Black and white posters suitable for hanging near the scales in schools and nutrition classes.
Milk and Rat Charts. (small size.)	U. S. Department of Agriculture, Division of Illustrations.	Illustrating effects of diets, nutritious and otherwise.
Posture Poster (for boys). Posture Poster (for girls).	American Posture League.	Shows graphically the lax, over-corrected and good posture.
Rat Pictures.	Dr. E. V. McCollum, Johns Hopkins University, School of Hygiene and Public Health.	Illustrating effects of diets, nutritious and otherwise.
Right Height and Weight for Boys.	U. S. Department of the Interior, Bureau of Education.	Black and white posters suitable for hanging near the scales in schools and nutrition classes.
Right Height and Weight for Girls.		
Rules of the Health Game.	Child Health Organization of America.	Eight fundamental laws of health agreed upon by a group of pediatricians, presented in attractive poster form.
U. S. Department of Agriculture. Food Charts (5).	U. S. Department of Agriculture.	

FILMS

Author and Title	Distributed or Published by	Special Value in Nutrition Work
Come Clean.	U. S. Dept. of the Interior, Bureau of Education, Visual Instruction Section	Teaches proper care of teeth. Prepared originally for use in the army. Good for use with boys.
Knowing Gnome, The.	American Red Cross, Bureau of Pictures.	Would serve as introduction to a health program. Little health information. Valuable in arousing children's interest in instruction on health care. Features nutrition work of the Red Cross Health Center.
Milk.	Bureau of Animal Industry, Dairy Division and University of Wisconsin.	From nutritional standpoint.
Mrs. Brown Versus the High Cost of Living.	American Red Cross, Bureau of Pictures.	Useful in arousing women's interest in securing instruction in methods of food selection and preparation. Demonstration of work in Red Cross classes.

Other Graphic Methods of Teaching Health

Author and Title		Special Value in Nutrition Work.
Cho-Cho. Happy. Jolly Jester, The.	Child Health Organization of America.	Trained workers who make a dramatic appeal to the child's interest in order to instruct him in health habits.
Class-Room Weight Record.	Government Printing Office, Washington, D. C.	Moved by the group spirit of competition children will obey the rules of the Health Game so that they may score well on the classroom weight record.
Food Models and Charts.	American Museum of Natural History. (Free loan service to New York public schools. During vacation period loans will be made to social agencies in the City of New York.)	Compact portable exhibit of models exactly representing foods used in three meals a day for a growing child. Foods reproduced in 100 and in 50 calorie portions. This exhibit will stimulate original health work along many lines.
Individual height-weight chart.	Child Health Organization of America.	Showing proper relation between weight and height of boys and girls from five to eighteen years of age.
Public Health Nurses. Anne Raymond — Health Fairy.	Child Health Organization of America.	The Health Fairy, by special arrangement, gives fairy performances and entertains while instructing children in health. Stimulates teachers through conferences and gives suggestions as to devices and methods.
Stella Boothe and her Mary Gay Theatre.	Child Health Organization of America.	Mary Gay and her theatre furnishes marionette theatres at cost and demonstrates their use.
Tooth Brush and Handkerchief Drill.	National Organization for Public Health Nursing.	Verses which accompany each drill will appeal especially to children in kindergarten and elementary grades.

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Council on Health and Public Instruction of the American Medical Association, 1918. 40 pp.

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Recent Literature on Mother and Child Welfare.

In Mother and Child. July, 1921. pp. 331-336.

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IN "The American Journal of School Hygiene", June, 1918.

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pp. 276-280.

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Various special bibliographies.

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15 pp.

U. S. Department of the Interior, Bureau of Education.

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* See annotations for special bibliographies.

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Funk & Wagnalls Co., 354 Fourth Avenue, New York City.

Harper. Harper & Bros., 333 Pearl Street, New York City.

Houghton Mifflin Co., 4 Park Street, Boston, Mass.

Lea & Febiger, 706 Sansom Street, Philadelphia, Pa.

Lippincott. J. B. Lippincott Co., East Washington Square, Philadelphia, Pa.

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Periodicals

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American Posture League, 1 Madison Avenue, New York City.

American Red Cross, Atlantic Division, 44 East 23rd Street, New York City.

American Red Cross, Bureau of Pictures, 220 West 42nd Street, New York City.

American Red Cross, New York County Chapter, 598 Madison Avenue, New York City.

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Brooklyn Bureau of Charities, Committee on Prevention of Tuberculosis, 69 Schermerhorn St., Brooklyn, N. Y.

Bureau of Educational Experiments, 144 West 13th St., New York.

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Child Health Organization of America, 370 7th Ave., New York City.

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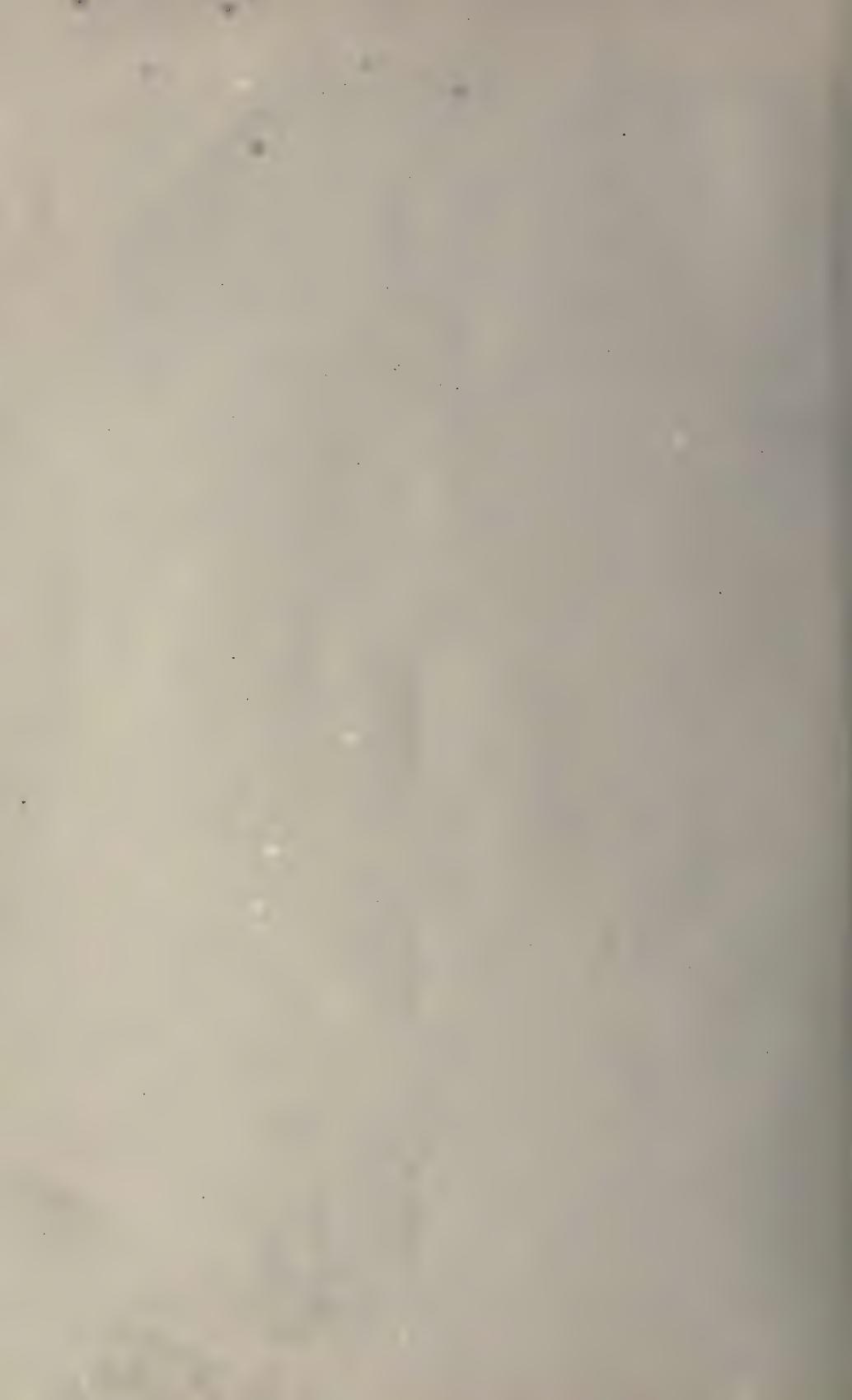
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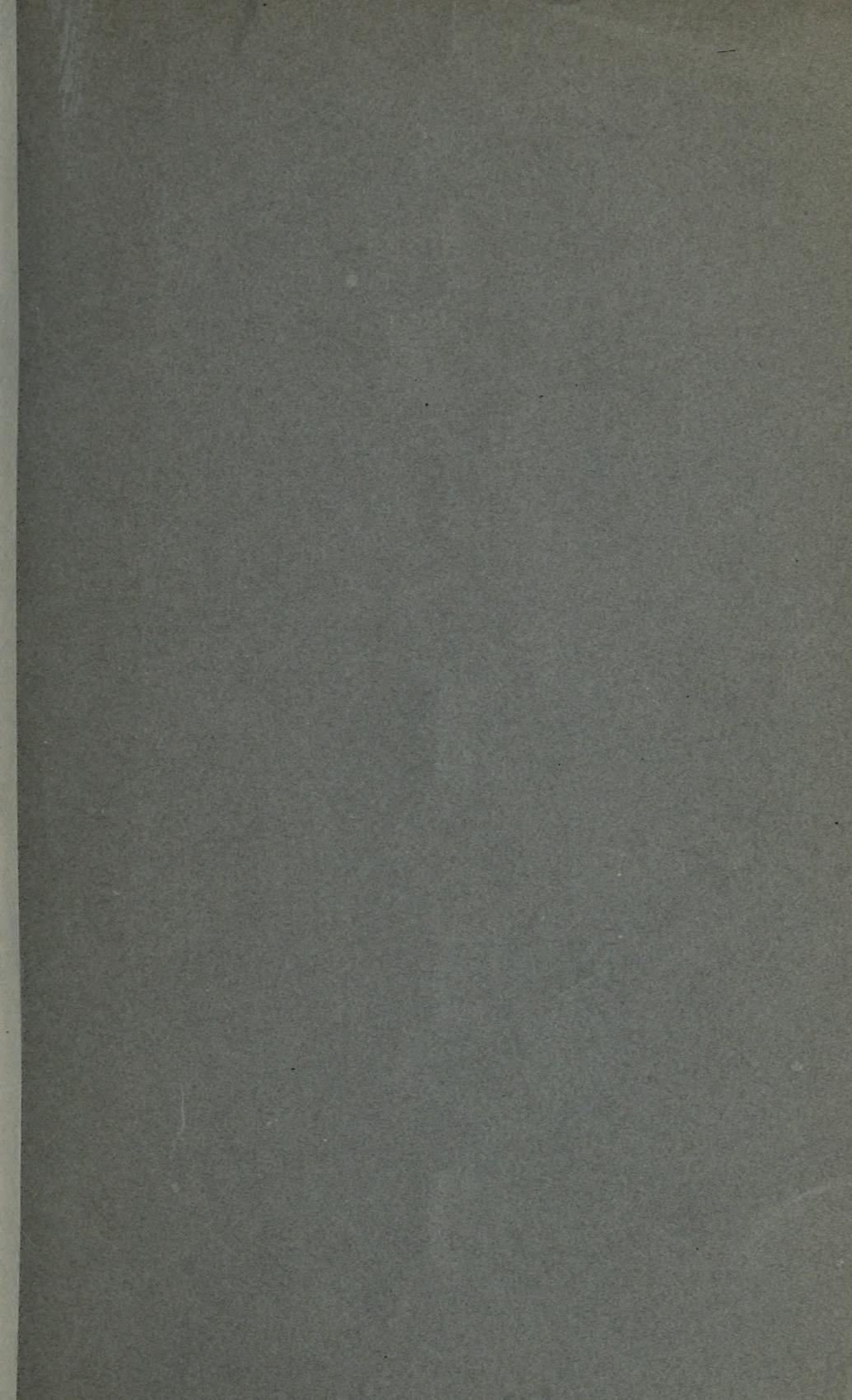
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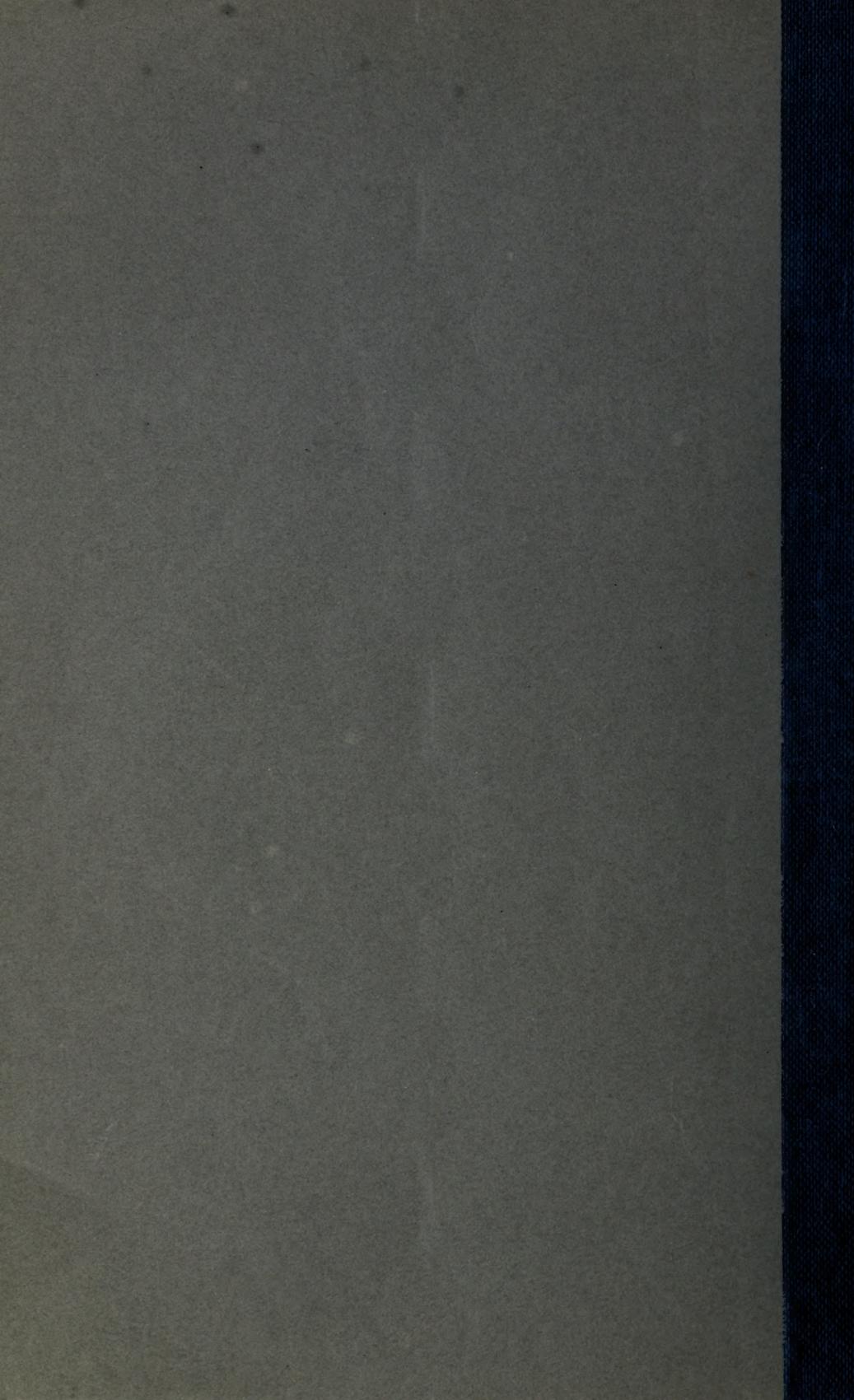
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